

COVID-19 RESUSCITATION GUIDANCE - Updated

IN ALL CASES, RESCUER SAFETY IS PARAMOUNT

The Resuscitation Council UK, have issued updated guidance for CPR in light of the current COVID-19 risk :

<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/>

For patients being managed as COVID-19 like illness, the relevant guidance for in-hospital emergencies can be summarised as :

- Recognise cardiac arrest by looking for the absence of signs of life and the absence of normal breathing. Feel for a carotid pulse if trained to do so. **Do not listen or feel for breathing by placing your ear and cheek close to the patient's mouth.** If there are any doubts about the diagnosis of cardiac arrest, the default position is to start chest compressions until help arrives
- **The minimum PPE requirements to start chest compressions are a FFP3 face mask, eye protection, long sleeve gown with plastic apron, and gloves..... even though this may delay resuscitation !**
- When calling 2222 state the patient is a COVID-19 risk.
- **Wearing PPE (as above), start compression-only CPR** as soon as possible. **DO NOT USE mouth-to-mouth ventilation or a pocket mask device.** If the patient is already receiving supplemental oxygen therapy using a face mask, leave the mask on the patient's face during chest compressions.
- When the defibrillator arrives attach and use as normal at the earliest opportunity.
- Rescue breathing **must only** be provided via two person bag / valve / mask. If not confident in this technique it is acceptable to continue with chest compression only CPR. Anaesthetic support (with full PPE) will provide further appropriate airway management.
- **The team leader is in control all aspects of the emergency.** The team leader must ensure all members of the resuscitation team apply full PPE before becoming involved with the resuscitation.
- A modified ALS algorithm is available for ALS and PALS providers :
<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-healthcare-resources/>
<https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-resources-paediatrics/>
- An immediate de-brief must occur to identify any problems and to support to staff.

For further information, please contact the Resuscitation Officers or refer to the RCUK national guidance.